



Sleep Position Modification

Snoring and obstructive sleep apnoea (OSA) can be worsened when sleeping supine (on your back).

Avoiding sleeping supine can sometimes be useful to reduce the severity of snoring or OSA if done successfully by the patient.

The most common method of training the body to avoid supine sleep is with a sleep modification device.

NightShift Modification Device

Our clinic's most trusted device is the NightShift modification unit, which will assist in avoiding supine sleep. We work closely with a major outlet through CPAP Victoria to provide both rental and outright purchase of this device.

CPAP Victoria – Shop 12, Wantirna Mall, 348 Mountain Hwy,
Wantirna VIC 3152. 1300 750 006

NightShift Device:

Rental - \$25/week

Purchase - \$390 outright

Respiratory and Sleep Disorders Centre, 719 Burwood Highway, Ferntree Gully